

Resources for School Physical Activity, Healthy Eating, and Tobacco-Free Lifestyle

The purpose of this section is to provide information about key resources that can help you strengthen your school's physical activity, nutrition, and tobacco prevention and cessation programs.

Ordering information, including address, phone, fax, e-mail address, web site, and price, was reliable as of December 2001. The prices do not include shipping and handling.

Resources for All Index Modules

CDC School Health Guidelines

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People, Centers for Disease Control and Prevention, 1997, no cost

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention, 1996, no cost

Guidelines for School Programs to Prevent Tobacco Use and Addiction, Centers for Disease Control and Prevention, 1994, no cost

Available from Centers for Disease Control and Prevention; phone: (888)231-6405; fax: (888)282-7681; e-mail: HealthyYouth@cdc.gov; web site: <http://www.cdc.gov/nccdphp/dash/guidelines>

Authoritative Recommendations and Reviews

Fit, Healthy and Ready to Learn: A School Health Policy Guide, National Association of State Boards of Education, 2000, no cost to download sample policies from <http://www.nasbe.org/healthyschools/fithealthy.mgi>. Hard copy available for \$22 from National Association of State Boards of Education, 227 S. Washington Street, Suite 100, Alexandria, VA 22134; phone: (800)220-5183; fax: (703)836-2313; e-mail: nasbe@boards.org

Healthy People 2010: National Health Promotion and Disease Prevention Objectives, U.S. Department of Health and Human Services, 2000, no cost to download from <http://web.health.gov/healthypeople>. Hard copy summary version (*Understanding and Improving Health*) available for \$10.50; complete two-volume text available for \$73.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, Office of the Surgeon General, U.S. Department of Health and Human Services, 2001, no cost to download from <http://www.surgeongeneral.gov/topics/obesity>. Hard copy available for \$5.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Physical Activity

A Report to the President: Promoting Better Health for Young People Through Physical Activity and Sports, U.S. Department of Health and Human Services, 2000, no cost for one copy or to download from <http://www.cdc.gov/nccdphp/dash/prephysactrpt/index.htm>. Hard copy available from Centers for Disease Control and Prevention; phone: (888)231-6405; fax: (888)282-7681; email: HealthyYouth@cdc.gov

Physical Activity and Health: A Report of the Surgeon General, U.S. Department of Health and Human Services, 1996, no cost to download from <http://www.cdc.gov/nccdphp/sgr.htm>. Hard copy available for \$23 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Physical Activity for Children: A Statement of Guidelines, National Association for Sport and Physical Education, 1998. Available for \$13 from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (301)567-9553; email: naspe@aahperd.org; web site: <http://www.aahperd.org>

Physical Activity Guidelines for Adolescents: Consensus Statement, Sallis JF & Patrick K, Pediatric Exercise Science, 6(4):302-314, 1994

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Nutrition

Changing the Scene—Improving the School Nutrition Environment, U.S. Department of Agriculture, 2000, no cost for one copy or to download from <http://www.fns.usda.gov/tn/Resources/changing.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov

Food Guide Pyramid, U.S. Department of Agriculture, 1996, no cost to download from <http://www.usda.gov/cnpp>. Hard copy available for \$4.75 from Consumer Information Center, Department 378-C, Pueblo, CO 81009; phone: (888)878-3256

Nutrition and Your Health: Dietary Guidelines for Americans, 5th Edition, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2000, no cost to download from <http://www.usda.gov/cnpp>. Hard copy available for \$4.75 from Consumer Information Center, Department 378-C, Pueblo, CO 81009; phone: (888)878-3256

Using the Dietary Guidelines for Americans, U.S. Department of Agriculture, 2000, no cost to download from <http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm>. Hard copy available for \$0.50 from Consumer Information Center, Department 378-C, Pueblo, CO 81009; phone: (888)878-3256

Tobacco

Best Practices for Comprehensive Tobacco Control Programs, Centers for Disease Control and Prevention, 1999, no cost to download from <http://www.cdc.gov/tobacco/bestprac.htm>. Hard copy available from Centers for Disease Control and Prevention, Office on Smoking and Health, Publications, Mail Stop K-50, 4770 Buford Highway NE, Atlanta, GA 30341-3717

Growing up Tobacco Free: Preventing Nicotine Addiction in Children and Youths, Lynch BS & Bonnie RJ, editors, Committee on Preventing Nicotine Addiction in Children and Youths, Institute of Medicine, 1994, no cost to download from <http://www.nap.edu/catalog/4757.html>. Hard copy available from National Academy Press; phone: (888)624-8373; fax: (202)334-2451

Guidelines for School Programs to Prevent Tobacco Use and Addiction, Centers for Disease Control and Prevention, 1994, no cost

Preventing Tobacco Use Among Young People: A Report of the Surgeon General. U.S. Department of Health and Human Services, 1994, no cost to download from <http://www.cdc.gov/tobacco/sgryth2.htm>. Hard copy available for \$25 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Reducing Tobacco Use: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2000, no cost to download from http://www.cdc.gov/tobacco/sgr_tobacco_use.htm. Hard copy available for \$49.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Women and Smoking: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2001, no cost to download from http://www.cdc.gov/tobacco/sgr_forwomen.htm. Hard copy available for \$49 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Treating Tobacco Use and Dependence: Clinical Practice Guideline, U.S. Department of Health and Human Services, 2000, no cost to download from <http://www.surgeongeneral.gov/tobacc>. Hard copy available for \$11.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Guides to Coordinated School Health Programs

Health is Academic: A Guide to Coordinated School Health Programs, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press, phone: (800)575-6566; fax: (802)864-7626; e-mail: cpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>

Healthy Students 2000: An Agenda for Continuous Improvement in America's Schools, Allensworth D, Symonds C & Olds S, 1994. Available for \$24.95 from American School Health Association; (330)678-1601; fax: (330)678-4526; email: asha@ashaweb.org; Internet: <http://www.ashaweb.org>

Schools and Health, Our Nation's Investment, Institute of Medicine, 1997, no cost to download from <http://www.nap.edu/books/0309054354/html/index.htm>. Hard copy available for \$59.95 from National Academy Press; phone: (888)624-8373; fax: (202)334-2451

Step by Step to Comprehensive School Health: The Program Planning Guide, Kane WM, 1993. Available for \$24.95 from

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

ETR Associates; phone: (800)321-4407; fax: (800)435-8433; email: wwworder@etrassociates.org; Internet: <http://www.etr.org>
Step by Step to Health Promoting Schools, Fetro J, 1998. Available for \$24.95 from ETR Associates; phone: (800)321-4407; fax: (800)435-8433; email: wwworder@etrassociates.org; Internet: <http://www.etr.org/pub/index.html>

State Agencies

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department. Contact information for some of the key positions within relevant state agencies can be found as indicated below:

- State directors of child nutrition programs are listed on the U.S. Department of Agriculture web site at <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>
- Directors of coordinated school health programs in states funded by CDC to implement such programs are listed at <http://www.cdc.gov/nccdphp/dash/cshp.htm>
- Directors of cardiovascular health promotion programs in states funded by CDC to implement such programs can be identified by contacting Nancy Watkins, CDC, Division of Adult and Community Health, Cardiovascular Health Branch, phone: (770)488-8004, e-mail: nawl@cdc.gov
- Directors of nutrition and physical activity programs to prevent chronic diseases, including obesity, in states funded by CDC to implement such programs are listed at <http://www.cdc.gov/nccdphp/dnpa/obesity/state.htm>
- Directors of tobacco control programs in states funded by CDC can be identified by contacting the state health department.

Professional Journals

Health Education

Journal of Health Education

Published by American Association for Health Education; phone: (703)476-3493

Journal of School Health

Published by American School Health Association; phone: (330)678-1601

Preventive Medicine

Published by Academic Press; phone: (800)321-5068

Physical Activity/Physical Education

Journal of Physical Education, Recreation and Dance

Published by American Association of Health, Physical Education, Recreation, and Dance; phone: (703)476-3400

Journal of Teaching in Physical Education

Published by Human Kinetics Publishers, Inc.; phone: (800)747-4457

Pediatric Exercise Sciences

Published by Human Kinetics Publishers, Inc.; phone: (800)747-4457

Research Quarterly for Exercise and Sport

Published by American Association of Health, Physical Education, Recreation, and Dance; phone: (806)742-3040

Strategies: A Journal for Physical and Sport Educators

Published by National Association for Sport and Physical Education; phone: (800)321-0789

Teaching Elementary Physical Education

Published by Human Kinetics Publishers, Inc.; phone: (800)747-4457

Nutrition

American Journal of Clinical Nutrition

Published by The American Society for Clinical Nutrition, Inc.; phone: (301)571-5727

Journal of the American Dietetic Association

Published by American Dietetic Association; phone: (800)877-1600 ext. 4774

Journal of Nutrition Education and Behavior

Published by Society for Nutrition Education; phone: (800)235-6690

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

School Foodservice and Nutrition

Published by American School Food Service Association; phone: (703)739-3900

School Food Service Research Review

Published by American School Food Service Association; phone: (703)739-3900

Tobacco

Tobacco Control

Published by BMJ Publishing Group; phone: (800)236-6265

Addictive Behaviors

Published by Elsevier Science; phone: (212)633-3730

Cancer Causes & Control

Published by Kluwer Academic Publishers; phone: (212)620-8000

Journal of Drug Education

Published by Baywood Publishing Company, Inc; phone: (800)638-7819

Journal of the National Cancer Institute

Published by Oxford University Press; phone: (800)852-7323

Nicotine and Tobacco Research

Published by Carfax Publishing; phone: (800)354-1420

Organizations

American Cancer Society (ACS)

National Office

1599 Clifton Road, NE

Atlanta, GA 30329

(800)227-2345 (Cancer Information Center)

<http://www.cancer.org>

Food and Nutrition Information Center (FNIC)

Agricultural Research Service, USDA

National Agricultural Library, Room 304

10301 Baltimore Avenue

Beltsville, MD 20705-2351

(301)504-5755

<http://www.nal.usda.gov/fnic/>

American Heart Association

National Center

7272 Greenville Avenue

Dallas, TX 75231

1-800-AHA-USA1

<http://www.americanheart.org/>

U.S. Centers for Disease Control and Prevention

Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion

Division of Adolescent and School Health

C/O Healthy Youth

PO Box 8817

Silver Spring, MD 20907

(888)231-6405

<http://www.cdc.gov/HealthyYouth>

American Lung Association

1740 Broadway

New York, NY 10019-4274

(212)315-8700

1-800-LUNG-USA

<http://www.lungusa.org/>

U.S. Centers for Disease Control and Prevention

Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion

Division of Nutrition and Physical Activity

4770 Buford Highway, MS K-24

Atlanta, GA 30341

(770)488-5820

<http://www.cdc.gov/nccdphp/dnpa>

American School Health Association (ASHA)

7263 State Route 43

PO Box 708

Kent, OH 44240

(330)678-1601

(330)678-4526 (fax)

<http://www.ashaweb.org>

U.S. Centers for Disease Control and Prevention

Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion

Office on Smoking and Health, MS K-50

4770 Buford Highway

Atlanta, GA 30341

(770)488-5705

<http://www.cdc.gov/tobacco>

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

U.S. Department of Agriculture/Food and Nutrition Service
Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302
(703)305-1624
(703)305-2549 (fax)
teamnutrition@fns.usda.gov
<http://www.fns.usda.gov/tn/>

Resources for Module 1: School Policies and Environment

Materials/Publications

Physical Activity, Nutrition, and Tobacco

A Healthy School Environment, Henderson A & Rowe DE, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>

Fit, Healthy and Ready to Learn: A School Health Policy Guide, National Association of State Boards of Education, 2000, no cost to download sample policies from <http://www.nasbe.org/healthyschools/fithealthy.mgi>. Hard copy available for \$22 from National Association of State Boards of Education, 227 S. Washington Street, Suite 100, Alexandria, VA 22134; phone: (800)220-5183; fax: (703)836-2313; e-mail: nasbe@boards.org

Generation Fit Action Packet, American Cancer Society (ACS), 1999, price determined by local ACS affiliates. Available from your local ACS affiliate; look in your local phone book or call (800)ACS-2345

Healthy Schools Healthy Futures: The Case for Improving School Environments, Henderson A, 1993. Available for \$19.95 from ETR Associates; phone: (800)321-4407; fax: (800)435-8433; Internet: <http://www.etr.org>

Improving School Health: A Guide to School Health Councils, American Cancer Society (ACS), 1999, no cost to download from <http://www.schoolhealth.info>. Hard copy available from your local ACS affiliate for a price determined by the affiliate; look in your local phone book or call (800)ACS-2345

Iowa School Health Advisory Council Handbook, Iowa Department of Public Health, 2000, no cost to download from http://www.idph.state.ia.us/fch/fam_serv/advisory.htm

Playing the Policy Game: Preparing Teen Leaders To Take Action on Healthy Eating and Physical Activity, California Project LEAN, 1999, no cost to download from http://www.californiaprojectlean.org/b/b_tier1/pro_foodrun.html. Hard copy available for \$5.25 from California Project LEAN, P.O. Box 942732, MS-675, Sacramento, CA 94234; phone: (916)323-4742; Internet: <http://www.dhs.ca.gov/lean>

School Health Resource Database, National School Boards Association, no cost for use. Available from National School Boards Association; phone: (703)838-6722; fax: (703)548-5516; e-mail: schoolhealth@nsba.org; Internet: <http://www.nsba.org/schoolhealth>

Physical Activity

Guidelines for Facilities, Equipment and Instructional Materials in Elementary Education, National Association for Sport and Physical Education, 2001, no cost to download from http://www.aahperd.org/NASPHE/pdf_files/pos_papers/instructional_mat.pdf. Hard copy available from: National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org

Facilities Planning for Health, Fitness, Physical Activity, Recreation, and Sports: Concepts and Application, Sawyer TH, 2002. Available for \$68.95 from American Association for Active Lifestyles and Fitness; phone: (800)213-7193; email: aaalf@aahperd.org; Internet: <http://www.aahperd.org/> (Click on "Online Store")

Kids Walk to School: A Guide to Promote Walking to School, Centers for Disease Control and Prevention, 2000, no cost to download from <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>. Hard copy available from Centers for Disease Control and Prevention; phone: (888)232-4674; email: ccdinfo@cdc.gov

Opportunity to Learn Standards for Elementary Physical Education, National Association for Sport and Physical Education, 2000. Available for \$7 from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org; Internet: <http://www.aahperd.org/> (Click on "Online Store")

Physical Education Program Improvement and Self Study Guide for High School, National Association for Sport and Physical Education, 1998. Available for \$7 from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org; Internet: <http://www.aahperd.org/> (Click on "Online Store")

Physical Education Program Improvement and Self Study Guide for Middle School, National Association for Sport and Physical Education, 1998. Available for \$7 from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org; Internet: <http://www.aahperd.org/> (Click on "Online Store")

Principles of Safety in Physical Education and Sport, Dougherty N (Ed.), 2002. Available for \$45 from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org; Internet:

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

<http://www.aahperd.org/> (Click on "Online Store")
Recess in Elementary Schools, National Association for Sport and Physical Education, 2001, no cost to download from http://www.aahperd.org/NASPE/pdf_files/pos_papers/current_res.pdf. Hard copy available from National Association for Sport and Physical Education; phone: (800)321-0789; fax: (703)476-8316; email: naspe@aahperd.org
The Case for Elementary School Recess, American Association for Child's Right to Play, no cost to download from <http://www.ipausa.org/recess.htm>. Hard copy available from American Association for the Child's Right to Play; phone: (516)463-5176

Nutrition

Accommodating Children with Special Dietary Needs in the School Nutrition Program: Guidance for School Food Service Staff, U.S. Department of Agriculture/Food and Nutrition Service, 2001, no cost to download from <http://www.fns.usda.gov/cnd/guidance>
Changing the Scene—Improving the School Nutrition Environment, U.S. Department of Agriculture, 2000, no cost for one copy or to download from <http://www.fns.usda.gov/tn/Resources/changing.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
Healthy Eating Helps You Make the Grade!, U.S. Department of Agriculture/Team Nutrition, 1999, no cost for one copy or to download from <http://www.fns.usda.gov/tn/Resources/healthyeating.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
How to Start a Nutrition Advisory Council in Your School, American School Food Service Association, 2001 (updated annually), no cost. Available from American School Food Service Association; phone: (800)877-8822, ext. 140; fax: (703)739-3915
Reverse the Trends, Child Nutrition Unit, Arkansas Department of Education, 2000. Available for \$0.75 from the National Food Service Management Institute, The University of Mississippi, P.O. Drawer 188, University, MS 38677-0188; phone: (800)321-3054; e-mail: nfsmi@olemiss.edu; Internet: <http://www.nfsmi.org/Information/Guide.html>
School-Based Nutrition Programs and Services: A Position of the ADA, SNE, and ASFSA, American Dietetic Association, Society for Nutrition Education & American School Food Service Association, 1995. Available in *Journal of the American Dietetic Association*, 95(3):367-369, 1995; *Journal of Nutrition Education*, 27(2):58-61, 1995; *School Foodservice and Nutrition*, 49(5):45-46, 1995
Strategies for Success II: Enhancing Academic Performance and Health Through Nutrition Education, California Department of Education/Nutrition Education and Training Program, 2001, no cost to download from http://www.cde.ca.gov/nsd/nets/sh_index.htm. Hard copy available from California Department of Education; phone: (800)995-40991; fax: (916)323-0823
The School Environment: Helping Students Learn to Eat Healthy, U.S. Department of Agriculture/Team Nutrition, 2000, no cost to download from <http://www.fns.usda.gov/tn/Resources/helpingtudents.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov

Tobacco

Best Practices for Comprehensive Tobacco Control Programs, Centers for Disease Control and Prevention, 1999, no cost to download from <http://www.cdc.gov/tobacco/bestprac.htm>. Hard copy available from Centers for Disease Control and Prevention, Office on Smoking and Health, Publications, Mail Stop K-50, 4770 Buford Highway NE, Atlanta, GA 30341-3717
Educational Materials for Parents, Educators and Youth Group Leaders, Centers for Disease Control and Prevention, 2002 Available on Internet at <http://www.cdc.gov/tobacco/edumat.htm>
Growing up Tobacco Free: Preventing Nicotine Addiction in Children and Youths, Lynch BS & Bonnie RJ, editors, Committee on Preventing Nicotine Addiction in Children and Youths, Institute of Medicine, 1994, no cost to download from <http://www.nap.edu/catalog/4757.htm>. Hard copy available from National Academy Press; phone: (888) 624-8373; fax: (202)334-2451
Health Policy Coach, California Center for Health Improvement, 2002 Available on Internet at <http://www.healthpolicycoach.org>
Reducing Tobacco Use: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2000, no cost to download from http://www.cdc.gov/tobacco/sgr_tobacco_use.htm. Hard copy available for \$49.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone:

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

(866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Organizations

American Association for the
Child's Right to Play
c/o Dr. Rhonda Clements, President
240 Hofstra University
Hempstead, NY 11550-1022
(516)463-5176
<http://www.ipausa.org>

American Cancer Society (ACS)
National Office
1599 Clifton Road, NE
Atlanta, GA 30329
(800)227-2345 (Cancer Information Center)
<http://www.cancer.org>

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
1-800-AHA-USA1
<http://www.americanheart.org/>

American Legacy Foundation
1001 G Street, NW, Suite 800
Washington, DC 20001
(202)454-5555
<http://www.americanlegacy.org>

American Lung Association
1740 Broadway
New York, NY 10019-4274
(212)315-8700
1-800-LUNG-USA
<http://www.lungusa.org/>

American School Food Service Association
Association (ASFSA)
700 South Washington Street, Suite 300
Alexandria, VA 22314
(800)877-8822
<http://www.asfsa.org>

American School Health Association (ASHA)
7263 State Route 43
PO Box 708
Kent, OH 44240
(330)678-1601
<http://www.ashaweb.org>

Americans for Nonsmokers' Rights
2530 San Pablo Avenue, Suite J
Berkeley, CA 94702
(510)841-3032
(510)841-3071 (fax)
<http://www.no-smoke.org/>

Association of State and Territorial Health Officials
1275 K Street, NW
Suite 800
Washington, DC 20005
(202)371-9090
<http://www.astho.org/>

Campaign for Tobacco-Free Kids
1400 Eye Street, Suite 1200
Washington DC 20005
(202)296.5469
<http://www.tobaccofreekids.org>

Council of Chief State School Officers (CCSSO)
One Massachusetts Avenue, NW, Suite 700
Washington, DC 20001-1431
(202)408-5505
<http://www.ccsso.org>

Food and Nutrition Information Center (FNIC)
Agricultural Research Service, USDA
National Agricultural Library, Room 304
10301 Baltimore Avenue
Beltsville, MD 20705-2351
(301)504-5755
<http://www.nal.usda.gov/fnic/>

National Association for Sport and Physical
Education (NASPE)
1900 Association Drive
Reston, VA 20191-1599
(800)213-7193, ext.410
naspe@aahperd.org
<http://www.aahperd.org/>

National Association of State Boards of
Education (NASBE)
277 South Washington Street, Suite 100
Alexandria, VA 22314
(703)684-4000
<http://www.nasbe.org>

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

National Federation of State High School Associations
PO Box 20626
Kansas City, MO 64195-0626
(816)464-5400
<http://www.nfhs.org/>

National Food Service Management
Institute (NFSMI)
The University of Mississippi
PO Drawer 188
University, MS 38677-0188
(800)321-3054
nfsmi@olemiss.edu
<http://www.nfsmi.org>

National Latino Council on Alcohol and Tobacco Prevention
1875 Connecticut Ave, NW, Suite 732
Washington, DC 20009
(202)265-8054
(202)265-8056 (fax)
<http://www.nlcatp.org/default.asp>

National School Boards Association (NSBA)
1680 Duke Street
Alexandria, VA 22314-3493
(703)838-6722
(703)683-7590 (fax)
info@nsba.org
<http://www.nsba.org>

President's Council on Physical Fitness and
Sports (PCPFS)
200 Independence Avenue, SW, Room 738H
Washington, DC 20201-0004
(202)690-9000
<http://www.fitness.gov>

Society for Nutrition Education (SNE)
9202 N. Meridian Street, Suite 200
Indianapolis, IN 46260
(800)235-6690
(317)571-5603 (fax)
info@sne.org
<http://www.sne.org>

The Advocacy Institute
1629 K Street, NW, Suite 200
Washington, DC 20006
(202)777-7575
<http://www.advocacy.org/tobacco.htm>

The National PTA
330 North Wabash Ave., Suite 2100
Chicago, IL 60611-3690
(800)307-4782
info@pta.org
<http://www.pta.org>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Adolescent and School Health
C/O Healthy Youth
PO Box 8817
Silver Spring, MD 20907
(888)231-6405
<http://www.cdc.gov/HealthyYouth>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Nutrition and Physical Activity
4770 Buford Highway, MS K-24
Atlanta, GA 30341
(770)488-5820
<http://www.cdc.gov/nccdphp/dnpa>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Office on Smoking and Health, MS K-50
4770 Buford Highway
Atlanta, GA 30341
(770)488-5705
<http://www.cdc.gov/tobacco>

U.S. Department of Agriculture/Center for
Nutrition Policy and Promotion
3101 Park Center Dr., Rm 1034
Alexandria, VA 22302-1594
(703)305-7600
info@cnpp.usda.gov
<http://www.usda.gov/cnpp>

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

Resources for Module 2: Health Education

Materials/Publications

- A Competency-Based Framework for Professional Development of Certified Health Education Specialists*, National Commission for Health Education Credentialing, 1996. Available for \$36 from National Commission for Health Education Credentialing; phone: (888)624-3248; fax: (800)813-0727; e-mail: ndecjms@fast.net; Internet: <http://www.nchec.org>
- Assessing Health Literacy: A Guide to Portfolios*, Council of Chief State School Officers-State Collaborative on Assessment and Student Standards (SCASS) Health Education Project, 1999. Available for \$90 from ToucanEd Publications; phone: (888)386-8226 ; fax: (831)462-1129; Internet: <http://www.toucaned.com>
- Assessing Health Literacy: Assessment Framework*, Council of Chief State School Officers-State Collaborative on Assessment and Student Standards (SCASS) Health Education Project, 1998. Available for \$49.95 (non-members) from ToucanEd Publications; phone: (888)386-8226; fax: (831)462-1129; Internet: <http://www.toucaned.com>
- Comprehensive School Health Education*, Lohrmann DK & Wooley SF, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>
- Cultural Awareness and Sensitivity: Guidelines for Health Educators*, American Association for Health Education, 1994. Available for \$12.75 from American Association for Health Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://www.aahperd.org> (Click on "Online Store")
- Cultural Awareness and Sensitivity: Resources for Health Educators*, American Association for Health Education, 1994. Available for \$9.50 from: American Association for Health Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://www.aahperd.org> (Click on "Online Store")
- Educating for Health: A Guide to Implementing a Comprehensive Approach to School Health Education*, Marx E & Northrop D, 1995. Available for \$24.95 from Education Development Center; phone: (800)793-5076; fax: (412)741-0609; e-mail: edcorder@abdintl.com; Internet: <http://secure.edc.org/publications/prodview.asp?165>
- Making the Grade: A Guide to School Drug Prevention Programs*, Drug Strategies, 2000. Available for \$14.95 from Drug Strategies; phone: (202) 289-9070; fax: (202) 414-6199; Internet: <http://www.drugstrategies.com/pubs.html>
- Manual on Responsibilities and Competencies of Teachers of Young Adolescents for Promoting Healthy Development*, American Association for Health Education, 1998. Available for \$14 from American Association for Health Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://www.aahperd.org> (Click on "Online Store")
- National Health Education Standards: Achieving Health Literacy*, American Association for Health Education, American Cancer Society, American School Health Association, 1995. Available for \$3 from American Association for Health Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://www.aahperd.org> (Click on "Online Store")
- Nutrition Literacy Toolkit*, Colorado Department of Education, 2000. No cost to download from <http://www.cde.state.co.us/cdenutritran/nutritoolkit.htm>
- Personal and Social Skills (volume I, volume II, and volume III)*, Fetro JV, 1999. Each volume available for \$35 from ETR Associates; phone: (800)321-4407; fax: (800)435-8433; Internet: <http://www.etr.org>
- Ready for Teaching Health: Preparing the Student Teacher for School Health*, Zaccane-Tzannetakis PR, 2000. Available for \$18 from American Association for Health Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://www.aahperd.org> (Click on "Online Store")
- Reducing Tobacco Use: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 2000, no cost to download from http://www.cdc.gov/tobacco/sgr_tobacco_use.htm. Hard copy available for \$49.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov
- Step by Step to Peer Health Education Programs: A Planning Guide*, Goldsmith M & Reynolds ST, 1996. Available for \$24.95 from ETR Associates; phone: (800)321-4407; fax: (800)435-8433; Internet: <http://www.etr.org>
- Strategies for Success II: Enhancing Academic Performance and Health Through Nutrition Education*, California Department of Education/Nutrition Education and Training Program, 2001, no cost to download from http://www.cde.ca.gov/nsd/nets/sh_index.htm. Hard copy available from California Department of Education; phone: (800)995-40991; fax: (916)323-0823
- Team Nutrition School Activity Planner: A How-To Guide for Team Nutrition Schools and Supporters*, U.S. Department of Agriculture/Team Nutrition, 1997, no cost to download from <http://www.fns.usda.gov/tn/Resources/activityplanner.html>

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Using the Food Guide Pyramid: A Resource for Nutrition Educators, U.S. Department of Agriculture/Center for Nutrition Policy and Promotion, 1996, no cost. Available from: U.S. Department of Agriculture/Center for Nutrition Policy and Promotion; phone: (703)305-7600; fax: (703)305-3400; Internet: <http://www.usda.gov/cnpp/using.htm>

Journal Articles

Inservice Preparation in Nutrition Education for Professionals and Paraprofessionals, Contento IR, Journal of Nutrition Education, 27(6):347-354, 1995
Nutrition Education for School-Aged Children, Contento IR, Journal of Nutrition Education, 27(6):298-311, 1995
Public Health Approaches to Tobacco Use Prevention and Cessation in the U.S., Glynn TJ, Manley MW, Gerlach KK, & Shopland DR, Journal of Public Health Management and Practice, 2(2):17-26, 1996
Tobacco Use Among Adolescents. Strategies for Prevention, Epps RP, Manley MW, & Glynn TJ, Pediatric Clinics of North America, 42(2):389-402, 1995
Essential Elements of School-Based Smoking Prevention Programs, Glynn TJ, Journal of School Health, 59(5):181-8, 1989
A Meta-Analysis of Adolescent Smoking Prevention Programs, Bruvold WH, American Journal of Public Health, 83(6): 872-80, 1993.
Peer Helping/Involvement: An Efficacious Way to Meet the Challenge of Reducing Alcohol, Tobacco, and Other Drug Use Among Youth? Black DR, Tobler NS, & Sciacca JP, Journal of School Health, 68(3): 87-93, 1998
A Review of the Evaluation of 47 Drug Abuse Prevention Curricula Available Nationally, Dusenbury L, Falco M, & Lake A, Journal of School Health, 67(4):127-132, 1997

Organizations

American Association for Health Education (AAHE)
1900 Association Drive
Reston, VA 20191-1599
(800)213-7193, ext.437
(703)476-6638 (fax)
aahe@aahperd.org
<http://www.aahperd.org/aahe/template.cfm>

American Cancer Society (ACS)
National Office
1599 Clifton Road, NE
Atlanta, GA 30329
(800)227-2345
<http://www.cancer.org>

American Heart Association (AHA)
National Office
7272 Greenville Avenue
Dallas, TX 75231-4596
(800)242-8721
<http://www.americanheart.org>

Society for Nutrition Education (SNE)
9202 N. Meridian Street, Suite 200
Indianapolis, IN 46260

American School Health Association (ASHA)
7263 State Route 43
PO Box 708
Kent, OH 44240
(330)678-1601
(330)678-4526 (fax)
<http://www.ashaweb.org>

National 5 A Day Program
National Cancer Institute
6130 Executive Boulevard EPN 4074
Bethesda, MD 20892-7332
(301)496-8520
(301)480-6637 (fax)
<http://www.5aday.gov>

National Heart, Lung, and Blood Institute (NHLBI)
NHLBI Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301)592-8573
(301)592-8563 (fax)
NHLBIinfo@rover.nhlbi.nih.gov
<http://www.nhlbi.nih.gov>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Nutrition and Physical Activity

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(800)235-6690
(317)571-5603 (fax)
info@sne.org
<http://www.sne.org>

4770 Buford Highway, MS K-24
Atlanta, GA 30341
(770)488-5820
<http://www.cdc.gov/nccdphp/dnpa>

Society of State Directors of Health, Physical Education and Recreation (SSDHPER)
1900 Association Drive
Reston, VA 20191-1599
(703)476-3402
(703)476-0988 (fax)
<http://www.thesociety.org>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Office on Smoking and Health, MS K-50
4770 Buford Highway
Atlanta, GA 30341
(770)488-5705
<http://www.cdc.gov/tobacco>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Adolescent and School Health
C/O Healthy Youth
PO Box 8817
Silver Spring, MD 20907
(888)231-6405
<http://www.cdc.gov/HealthyYouth>

U.S. Department of Agriculture/Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302
(703)305-1624
(703)305-2549 (fax)
teamnutrition@fns.usda.gov
<http://www.fns.usda.gov/tn/>

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

Resources for Module 3: Physical Education

Materials/Publications

The first 15 materials listed below are available from the National Association for Sport and Physical Education; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://aahperd.org/> (Click on "Online Store")

Appropriate Practices for Elementary School Physical Education, National Association for Sport and Physical Education, 2000, \$7

Appropriate Practices for High School Physical Education, National Association for Sport and Physical Education, 1998, \$7

Appropriate Practices for Middle School Physical Education, National Association for Sport and Physical Education, 2001, \$7

Authentic Assessment of Physical Activity in High School Students, National Association for Sport and Physical Education, 2001, \$13

Concepts of Physical Education: What Every Student Needs to Know, Mohnsen B (Ed.), 1998, \$59.95

Guidelines for After School Physical Activity and Intramural Sport Programs (position paper), National Association for Sport and Physical Education, 2002, no cost to download from http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf

Including Students with Disabilities in Regular Physical Education, Block ME & Garcia C (Eds.), National Association for Sport and Physical Education, American Association for Active Lifestyles and Fitness, 1995, \$5

Moving into the Future: National Standards for Physical Education, A Guide to Content and Assessment, National Association for Sport and Physical Education, 1995, \$28

National Standards for Beginning Physical Education Teachers, National Association for Sport and Physical Education, 1995, \$15

Opportunity to Learn Standards for Elementary Physical Education, National Association for Sport and Physical Education, 2000, \$7

Physical Education Program Improvement and Self Study Guide for High School, National Association for Sport and Physical Education, 1998, \$7

Physical Education Program Improvement and Self Study Guide for Middle School, National Association for Sport and Physical Education, 1998, \$7

Principles of Safety in Physical Education and Sport, Dougherty N (Ed.), National Association for Sport and Physical Education, 2002, \$45

Quality Coaches, Quality Sports: National Standards for Athletic Coaches, National Association for Sport and Physical Education, 1995, \$22

Substitution for Instructional Physical Education Programs (position paper), National Association for Sport and Physical Education, 1999, no cost to download from http://www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf

Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines, Samman P, 1998. Available for \$16 from Human Kinetics Publishers; phone: (800)747-4457; fax: (217)351-1549; Internet: <http://www.humankinetics.com>

Adapted Physical Education National Standards, National Consortium for Physical Education and Recreation for Individuals with Disabilities, 1995. Available for \$28 from Human Kinetics Publishers; phone: (800)747-4457; fax: (217)351-1549; Internet: <http://www.humankinetics.com>

A Teacher's Guide to Including Students with Disabilities in Regular Physical Education, Block ME, 2000. Available for \$44.95 from Paul H. Brookes Publishing Company, Baltimore, MD; phone: (800)638-3775; fax: (410)337-8539

Complete Guide to Youth Fitness Testing, Safrit MJ & Pemberton C, 1996. Available for \$16 from Human Kinetics Publishers; phone: (800)747-4457; fax: (217)351-1549; Internet: <http://www.humankinetics.com>

Facilities Planning for Health, Fitness, Physical Activity, Recreation, and Sports, Sawyer TH, 2002. Available for \$68.95 from American Association for Active Lifestyles and Fitness; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://aahperd.org/> (Click on "Online Store")

Physical Education, Seefeldt VD, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>

Title IX Tool Box, Carpenter L & Acosta V (Eds.), Volume I, 1991, and Volume II, 1997. Available for \$62 from National

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Association for Girls and Women in Sports; phone: (800)321-0789; fax: (301)567-9553; Internet: <http://aahperd.org/>
(Click on "Online Store")

Organizations

American Heart Association (AHA)
National Office
7272 Greenville Avenue
Dallas, TX 75231-4596
(800)242-8721
<http://www.americanheart.org>

P.E.4LIFE
1150 17th Street, N.W., Suite 407
Washington, DC 20036
(202)776-0377
(202)296-7462
<http://www.pe4life.com>

National Association for Sport and Physical
Education (NASPE)
1900 Association Drive
Reston, VA 20191-1599
(800)213-7193, ext.410
(703)476-8316 (fax)
naspe@aahperd.org
<http://www.aahperd.org/>

President's Council on Physical Fitness and
Sports (PCPFS)
200 Independence Avenue, SW, Room 738H
Washington, DC 20201-0004
(202)690-9000
(202)690-5211 (fax)
<http://www.fitness.gov>

National Federation of State High School
Associations (NFHS)
PO Box 690
Indianapolis, IN 46206
(317)972-6900
(317)822-5700
<http://www.nfhs.org>

Society of State Directors of Health, Physical Education
and Recreation (SSDHPER)
1900 Association Drive
Reston, VA 20191-1599
(703)476-3402
(703)476-0988 (fax)
<http://www.thesociety.org>

National Heart, Lung, and Blood Institute (NHLBI)
NHLBI Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301)592-8573
(301)592-8563 (fax)
NHLBIinfo@rover.nhlbi.nih.gov
<Http://www.nhlbi.nih.gov>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Adolescent and School Health
C/O Healthy Youth
PO Box 8817
Silver Spring, MD 20907
(888)231-6405
<http://www.cdc.gov/HealthyYouth>

National Program for Playground Safety
School of HPELS, WRC 205
University of Northern Iowa
Cedar Falls, IA 50614-0618
(800)554-PLAY (7529)
(319)273-7308 (fax)
<http://www.uni.edu/playground>

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

Resources for Module 4: Nutrition Services

Materials/Publications

- A Tool Kit for Healthy School Meals*, U.S. Department of Agriculture/Team Nutrition, 1997. Available for \$30 from National Food Service Management Institute; phone: (800)321-3054; fax: (800)321-3061; Internet: <http://www.nfsmi.org>
- Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff*, U.S. Department of Agriculture/Food and Nutrition Service, 1995, no cost to download from <http://www.fns.usda.gov/cnd/Guidance/>
- Barriers to Good Nutrition Environment in Middle Grades*, Insight No. 17, 2001, no cost to download from http://www.nfsmi.org/Information/Newsletter/Insight_index.html. Hard copy available for \$0.50 from National Food Service Management Institute; phone (800)321-3054; fax: (800)321-3061
- CARE: Special Nutrition for Kids*, Alabama Department of Education/revised by U.S. Department of Agriculture, 1995. Available for \$19.25 from National Food Service Management Institute; phone: (800)321-3054; fax: (800)321-3061; Internet: <http://www.nfsmi.org>
- Changing the Scene—Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000, no cost for one copy or to download from <http://www.fns.usda.gov/tn/Resources/changing.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
- Competencies, Knowledge and Skills Required of Effective School Nutrition Managers*, Conklin M (Ed.), 1995. Available for \$15 from National Food Service Management Institute; phone: (800)321-3054; fax: (800)321-3061; Internet: <http://www.nfsmi.org>
- Culinary Techniques: Cooking with Flair—Fruits, Salads, Vegetables* (computer-based learning tool), National Food Service Management Institute, 2000. Available for \$8 from National Food Service Management Institute; phone (800)321-3054; fax: (800)321-3061; Internet: <http://www.nfsmi.org>
- Healthy Eating Helps You Make the Grade!*, U.S. Department of Agriculture/Team Nutrition, 1999, no cost for one copy or to download from: <http://www.fns.usda.gov/tn/Resources/healthyeating.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
- Healthy EDGE 2000 (Implementing the Dietary Guidelines for Americans in Schools)*, School Food Service Foundation, 1998, Participant Manual (\$25), Trainer Guide (\$20), Disk Presentation (\$7.50), Interactive workshop CD-ROM (\$25). Available from: American School Food Service Association Emporium; phone: (800)728-0728; Internet: <http://emporium.asfsa.org>. For information on the School Food Service Foundation's 10-hour Healthy EDGE 2000 workshop, call (800)877-8822, ext. 130
- Healthy School Meals—Healthy Kids: A Leadership Guide for School Decision-Makers*, U.S. Department of Agriculture/Team Nutrition, 1997, no cost. Available from: U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
- Keys to Excellence: Standards of Practice for Nutrition Integrity*, American School Food Service Association, 1995. Available for \$17 from American School Food Service Association Emporium; phone: (800)728-0728; email: servicecenter@asfsa.org; Internet: <http://emporium.asfsa.org>
- Let's Party: Healthy Parties for School and Home*, West Virginia Department of Education, 1994. Available for \$6.50 from West Virginia Curriculum Technology Resource Center; phone: (304)372-7874; fax: (304)372-7875
- Managing Nutrition Services for Children with Special Needs*, National Food Service Management Institute, Insight No. 1, 1994, no cost to download from http://www.nfsmi.org/Information/Newsletters/Insight_index.html. Hard copy available for \$0.50 from National Food Service Management Institute; phone (800)321-3054; fax: (800)321-3061
- Report on Indicators and Evidence of Achievement for Nutrition Integrity Standards*, Sneed J, 1994, no cost to download from <http://www.nfsmi.org/Information/Guide.html>
- School Breakfast Programs: Energizing the Classroom*, Minnesota Department of Children, Families and Learning, 1998, no cost to download from <http://cfl.state.mn.us/energize.pdf>
- School Nutrition Services*, Caldwell D, Nestle M, & Rogers W, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>
- Strategies for Success II: Enhancing Academic Performance and Health Through Nutrition Education*, California

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Department of Education/Nutrition Education and Training Program, 2001, no cost to download from http://www.cde.ca.gov/nsd/nets/sh_index.htm. Hard copy available from California Department of Education; phone: (800)995-40991; fax: (916)323-0823

Team Nutrition Days and Beyond: How-To Kit, 1997, no cost to download from <http://www.fns.usda.gov/tn/Resources/howtokit.html>.

Team Nutrition School Activity Planner: A How-To Guide for Team Nutrition Schools and Supporters, U.S. Department of Agriculture/Team Nutrition, 1997, no cost to download from <http://www.fns.usda.gov/tn/Resources/activityplanner.html>

The School Environment: Helping Students Learn to Eat Healthy, U.S. Department of Agriculture, 2000, no cost for one copy or to download from <http://www.fns.usda.gov/tn/Resources/helpingstudents.html>. Hard copy available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov

Training Guidelines for Healthy School Meals, U.S. Department of Agriculture/Team Nutrition, 1996, no cost. Available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov

Trimming the Fat: A Step by Step Guide For Implementing USDA's Food-Based Menu System, 1997, manual (\$15), CD-ROM (\$15), companion software (\$10). Available from American School Food Service Association Emporium; phone: (800)728-0728, <http://emporium.asfsa.org/>. The training also can be accessed at no cost at <http://www.asfsa.org/ttf>.

Using the Food Guide Pyramid: A Resource for Nutrition Educators, U.S. Department of Agriculture/Center for Nutrition Policy and Promotion, 1996, no cost. Available from: U.S. Department of Agriculture/Center for Nutrition Policy and Promotion; phone: (703)305-7600; fax: (703)305-3400; Internet: <http://www.usda.gov/cnpp/using.htm>

Organizations

American Cancer Society (ACS)
National Office
1599 Clifton Road, NE
Atlanta, GA 30329
(800)227-2345
<http://www.cancer.org>

Food Allergy & Anaphylaxis Network
10400 Eaton Place, Suite 107
Fairfax, VA 22030-2208
(800)929-4040
(703)691-2713 (fax)
faan@foodallergy.org
<http://www.foodallergy.org>

American Dietetic Association (ADA)
National Center for Nutrition and Dietetics
216 West Jackson Blvd.
Chicago, IL 60606-6995
(800)877-1600
(312)899-4739 (fax)
<http://www.eatright.org>

Food and Nutrition Information Center (FNIC)
Agricultural Research Service, USDA
National Agricultural Library, Room 304
10301 Baltimore Avenue
Beltsville, MD 20705-2351
(301)504-5755
TTY: (301)504-6856
e-mail: fnic@nal.usda.gov
<http://www.nal.usda.gov/fnic/>

American School Food Service Association (ASFSFA)
700 South Washington Street, Suite 300
Alexandria, VA 22314
(800)877-8822
(703)739-3915 (fax)
asfa@asfa.org
<http://www.asfa.org>

National 5 A Day Program
National Cancer Institute
6130 Executive Boulevard EPN 4074
Bethesda, MD 20892-7332
(301)496-8520
(301)480-6637 (fax)
<http://www.5aday.gov>

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Society for Nutrition Education (SNE)
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info@sne.org
<http://www.sne.org>

U.S. Centers for Disease Control and Prevention
Nat'l. Ctr. for Chronic Disease Prev. & Health Promotion
Division of Adolescent and School Health
C/O Healthy Youth
PO Box 8817
Silver Spring, MD 20907
(888)231-6405
<http://www.cdc.gov/HealthyYouth>

U.S. Department of Agriculture/Food and Nutrition Services
Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302
(703)305-1624
(703)305-2549 (fax)
teamnutrition@fns.usda.gov
<http://www.fns.usda.gov/tn/>

Your state's Director for Child Nutrition Programs is located in either the state department of education, state department of health, or state department of agriculture. The contacts for these positions in your state are listed on the U.S. Department of Agriculture/Team Nutrition web site at <http://www.fns.usda.gov/tn/>. Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

Resources for Module 5: School Health Services

Materials/Publications

- 2000 CDC Growth Charts*, Centers for Disease Control and Prevention, available online at <http://www.cdc.gov/growthcharts/>
Assessing Physical Activity and Fitness in the Office Setting, American Academy of Pediatrics/Committee on Sports Medicine, Pediatrics, 93(4):686-689, 1994
- Bright Futures in Practice: Nutrition*, National Center for Education in Maternal and Child Health, 2000, no cost to download at <http://brightfutures.org/nutrition/index.html>. Hard copy available for \$32 from National Center for Education in Maternal and Child Health; phone: (301)279-8890; fax: (301)559-5167; e-mail: brightfutures@ncemch.org; Internet: <http://www.brightfutures.org/orderform/>
- Bright Futures in Practice: Physical Activity*, National Center for Education in Maternal and Child Health, 2001 no cost to download at <http://brightfutures.org/physicalactivity/about.htm>. Hard copy available for \$32 from National Center for Education in Maternal and Child Health; phone: (301)279-8890; fax: (301)559-5167; e-mail: brightfutures@ncemch.org; Internet: <http://www.brightfutures.org/orderform/>
- Bringing WIC to School*, Steinschneider J & Coyne AH, 1995. Available for \$8 from Center on Budget and Policy Priorities; phone: (202)408-1080; fax: (202)408-1056
- Eating Disorders: Facts About Eating Disorders and the Search for Solutions*, National Institute of Mental Health, 2001, no cost for one copy or to download from <http://www.nimh.nih.gov/publicat/eatingdisorder.cfm>. Hard copy available from National Institute of Mental Health, 6001 Executive Blvd. MSC 9963, Bethesda, MD, 20892- 9963; phone (301)443-4531; fax (301)443-4279
- Guidelines for Adolescent Preventive Services: Recommendations Monograph*, American Medical Association, 1994, no cost to download from <http://www.ama-assn.org/ama/pub/category/1980.html>
- Guidelines for Protecting Confidential Student Health Information*, National Task Force on Confidential Student Health Information, 2000. Available for \$18.95 from American School Health Association; phone: (330)678-1601; fax: (330)678-4526; Internet: <http://www.ashaweb.org>
- Helping Your Overweight Child*, National Institute of Diabetes and Digestive and Kidney Diseases, 1997, no cost for one copy or to download from <http://www.niddk.nih.gov/health/nutrit/pubs/helpchld.htm> Hard copy available from Weight Control Information Network, 1 Win Way, Bethesda, MD 20892-3665; phone: (877)946-4627; fax: (202)828-1028
- Nutrition Priorities in Student Health Services in Principles and Practices of Student Health, Volume One: Foundations*, Wallace HM, Patrick K, Parcel GS & Igoe JB (Eds.), 1992. Available for \$19.95 from Third Party Publishing Company; phone: (510)339-2323; fax: (510)339-6729
- Promotion of Physical Activity Among Adolescents by Primary Health Care Providers*, DuRant RH & Hergengroeder AC, Pediatric Exercise Science, 6(4):448-463, 1994
- School Health: Policy and Practice (5th ed.)*, American Academy of Pediatrics/Committee on School Health & Nader PR (Ed.), 1993, \$44.95. Available from: American Academy of Pediatrics; phone: (888)227-1770; email: pubs@aap.org Internet: <http://www.aap.org/pubserv> (Click on "Bookstore")
- School Health Services*, Duncan P & Igoe JB, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com/>
- Scope and Standards of Professional School Nursing Practice*, National Association of School Nurses and American Nurses Association, 2001. Available for \$15 from National Association of School Nurses; phone: (207)883-2117; fax: (207)883-2683; Internet: <http://www.nasn.org/bookstore.htm>
- Treating Tobacco Use and Dependence: Clinical Practice Guideline*, U.S. Department of Health and Human Services, 2000, no cost to download from <http://www.surgeongeneral.gov/tobacco>. Hard copy available for \$11.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

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Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

***Resources for Module 6: School Counseling, Psychological,
and Social Services***

Materials/Publications

- Building the Capacity of Schools to Improve the Health of the Nation: A Call for Assistance from Psychologists*, Kolbe LJ, Collins J & Cortese P, American Psychologist, 52(3):256-265, 1997
- Eating Disorders: Facts About Eating Disorders and the Search for Solutions*, National Institute of Mental Health, 2001, no cost for one copy or to download from <http://www.nimh.nih.gov/publicat/eatingdisorder.cfm>. Hard copy available from National Institute of Mental Health, 6001 Executive Blvd. MSC 9963, Bethesda, MD, 20892- 9963; phone (301)443-4531; fax (301)443-4279
- Health Counseling*, Balbu MB, Petter MP, Saleh KP & Litwack L, 1992. Available for \$14.60 from American School Health Association; phone: (330)678-1601; fax: (330)678-4526; Internet: <http://www.ashaweb.org>
- Helping Your Overweight Child*, National Institute of Diabetes and Digestive and Kidney Diseases, 1997, no cost for one copy or to download from <http://www.niddk.nih.gov/health/nutrit/pubs/helpchld.htm> Hard copy available from: Weight Control Information Network, 1 Win Way, Bethesda, MD 20892-3665; phone: (877)946-4627; fax: (202)828-1028
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- The National Standards for School Counseling*, Campbell CA & Dahir CA, 1998. Available for \$26.95 from American School Counselor Association; phone: (800)401-2404; fax: (703)661-1501; Internet: www.schoolcounselor.org
- Treating Tobacco Use and Dependence: Clinical Practice Guideline*, U.S. Department of Health and Human Services, 2000, no cost to download from <http://www.surgeongeneral.gov/tobacco>. Hard copy available for \$11.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

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SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see resources, page 3).

Resources for Module 7: Health Promotion for Staff

Materials/Publications

School-Site Health Promotion for Staff, Allegrante JP, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)

864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>

Treating Tobacco Use and Dependence: Clinical Practice Guideline, U.S. Department of Health and Human Services, 2000, no cost to download from <http://www.surgeongeneral.gov/tobacco>. Hard copy available for \$11.50 from Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; phone: (866)512-1800; fax: (202)512-2250; Internet: bookstore.gpo.gov

Organizations

American Cancer Society (ACS)
National Office
1599 Clifton Road, NE
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(800)227-2345
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National Association for Sport and Physical Education
(NASPE)
1900 Association Drive
Reston, VA 20191-1599
(800)213-7193, ext.410
(703)476-8316 (fax)
naspe@aahperd.org
<http://www.aahperd.org/>

American Lung Association
1740 Broadway
New York, NY 10019-4274
(212)315-8700
1-800-LUNG-USA
<http://www.lungusa.org/>

Association for Worksite Health Promotion (AWHP)
(Has merged with American College of Sports Medicine)
401 W. Michigan Street
Indianapolis, IN 46202
(317)637-9200
(317)634-7817 (fax)
<http://www.acsm.org/awhp.htm>

Employee Assistance Professionals Association (EAPA)
2101 Wilson Boulevard, Suite 500
Arlington, VA 22201
(703)522-6272
(703)522-4585 (fax)
<http://www.eap-association.com>

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see resources, page 3).

Resources for Module 8: Family and Community Involvement

Materials/Publications

- 99 Tips for Family Fitness Fun* (brochure), National Association for Sport and Physical Education, 2001. Available for \$0.50 from National Association for Sport and Physical Education; phone: (800)213-7193, ext. 410; fax: (703) 476-8316; Internet: <http://www.aahperd.org> / (Click on "Online Store")
- A Model for Parental Involvement in Physical Education*, Virgilio SJ, *Journal of Physical Education, Recreation and Dance*, 61(8):66-70, 1990
- Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines*, Samman P, 1998. Available for \$16 from Human Kinetics Publishers; phone: (800)747-4457; fax: (217)351-1549; Internet: <http://www.humankinetics.com>
- Aim For Balance: Maximize Your Child's Success* (brochure), National Association for Sport and Physical Education, 2001. Available for \$15 (package of 50) from National Association for Sport and Physical Education; phone: (800)213-7193, ext. 410; fax: (703) 476-8316; Internet: <http://www.aahperd.org> / (Click on "Online Store")
- Choosing the Right Sport or Physical Activity Program for Your Child* (position paper), National Association for Sport and Physical Education, 1999, no cost. Available from National Association for Sport and Physical Education; phone: (800)213-7193, ext. 410; fax: (703)476-8316; Internet: http://www.aahperd.org/naspe/pdf_files/pos_papers/resource-choosing.pdf
- Community Agency and School Collaboration to Enhance Health Education: Putting Together the Pieces*, Brothen K & Anderson BJ, 1997, no cost. Available from Minnesota Department of Children, Families and Learning; phone: (651)582-8430
- Community Nutrition Action Kit: For People Where They Live, Learn and Play*, U.S. Department of Agriculture/Team Nutrition, 1996, \$30.75, no cost to download from <http://www.fns.usda.gov/tn/Resources/cnak.html>. Hard copy available from National Food Service Management Institute; phone: (800)321-3054; fax: (800)321-3061
- Family and Community Involvement in School Health*, Carlyon P, Carlyon W & McCarthy AR, chapter in *Health is Academic: A Guide to Coordinated School Health Programs*, Marx E & Wooley SF (Eds.) with Northrop D, 1998. Available for \$24.95 from Teachers College Press; phone: (800)575-6566; fax: (802)864-7626; e-mail: tcpress@tc.columbia.edu; Internet: <http://www.teacherscollegepress.com>
- Food, Family & Fun: A Seasonal Guide to Healthy Eating: Commemorating 50 Years of School Lunch*, U.S. Department of Agriculture/Team Nutrition, 1998, no cost to download from http://www.fns.usda.gov/tn/Students/Food_Family/index.html. Hard copy available for \$7 from National Food Service Management Institute; phone: (800)321-3054; fax: (800)321-3061; Internet: <http://www.nfsmi.org>
- Generation Fit Action Packet*, American Cancer Society, 1999, price determined by local ACS affiliates. Available from your local ACS affiliate; look in your local phone book or call (800)ACS-2345
- Help Your Children Achieve a Fit and Healthy Lifestyle-The Fitness Equation* (brochure), National Association for Sport and Physical Education, 1999. Available for \$15 (Package of 50) from: National Association for Sport and Physical Education; phone: (800)213-7193, ext. 410; fax: (703)476-8316; Internet: <http://www.aahperd.org> (Click on "Online Store")
- Kids Walk to School: A Guide to Promote Walking to School*, Centers for Disease Control and Prevention, no cost for one copy or to download from <http://www.cdc.gov/nccdphp/dnpa/kidswalk.htm>. Hard copy available from Centers for Disease Control and Prevention; phone: (888) 232-4674; email: cedinfo@cdc.gov
- My Kids, Keeping Your Kids Tobacco, Alcohol and Drug Free*, Report and Video for Parents, Centers for Disease Control and Prevention. Hard copy available at no cost from Centers for Disease Control and Prevention, Office On Smoking and Health, Publications, Mail Stop K-50, 4770 Buford Highway NE, Atlanta, GA 30341-3717; Internet: http://www.cdc.gov/tobacco/educational_materials/mykids.htm;
- National Standards for Parent/Family Involvement Programs*, The National PTA, 1998. Available for \$2 from National Education Service; phone: (800)733-6786; fax: (812)366-7790; Internet: <http://www.nesonline.com>
- Parents – Help Keep Your Kids Tobacco Free* (Tip Sheet), Centers for Disease Control and Prevention, no cost to download from <http://www.cdc.gov/tobacco/edumat.htm>
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- Public Recreation in High Risk Environments: Programs That Work*, 1996. Available for \$25 from National Recreation and Park Association; phone: (703)858-2190; fax: (703)858-0794; email: info@nrpa.com; Internet: <http://www.nrpa.org>

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Step by Step to Involving Parents in Health Education, Birch DA, 1996. Available for \$24.95 from ETR Associates; phone: (800)321-4407; fax: (800)435-8433; Internet: <http://www.etr.org>
Team Up at Home: Team Nutrition Activity Booklet, Fun Nutrition Activities for the Family, U.S. Department of Agriculture/Team Nutrition, 1996, no cost. Available from U.S. Department of Agriculture, Team Nutrition; P.O. Box 1474, Springfield, VA 22151-0474; phone: (703)305-1624; fax: (703)605-6852; e-mail: teamnutrition@fns.usda.gov
Internet: <http://www.fns.usda.gov/tn/Resources/teamupbooklet.html>

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<http://www.ncpie.org>

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(703)858-0794 (fax)
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<http://www.pta.org>

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Alexandria, VA 22302
(703)305-1624
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teamnutrition@fns.usda.gov
<http://www.fns.usda.gov/tn/>

Schools can often receive technical assistance to help improve physical activity, nutrition, and tobacco use prevention policies and programs from state agencies, such as the state education agency and the state health department (see Resources, page 3).

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